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Food And Western Disease Health

The author shows
(based pretty much on
a "pure science"; you
will have over 2000
references at the end
of the book!) how the

Western diet was
implicated in virtually
every single chronic
disease that afflicts us
every day:
osteoporosis, cancer,
various cardiovascular
problems (including
coronary heart disease
and atherosclerosis),
autoimmune diseases
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arthritis), obesity and
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common Western
diseases should be
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accordance with
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Diet, nutrition and the prevention of chronic diseases - WHO

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and healthier proteins decrease ...

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Food Choices For Better Health And Disease Prevention ...

Diet can impact your health in many ways.

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